

# Gushtaba

## Ingredients

- 2 lbs ground lamb
- 2 tsp salt
- 1 tsp ground ginger
- 1/2 tsp ground cardamon
- 1 Tbsp ghee
- 2 bay leaves
- 4 green cardamon pods, lightly crushed
- 2 black cardamon pods, lightly crushed
- 2 cloves (optional)
- 1 tsp ground fennel
- 1/4 tsp dried mint
- 1 Tbsp [fried onion paste](#)
- 2 tsp ginger garlic paste
- 4 cups light lamb or chicken broth\*
- 1 cup plain yoghurt

## Directions

Working in batches, if needed, place the lamb, ginger and ground cardamon in a food processor and process until the meat is smooth. Alternatively, pound using a large mortal and pestle. Form into 12 meatballs. Set aside.

Melt ghee over medium heat in a wide saucepan. Add the meatballs and brown on all sides, about 2 minutes per side. Push meatballs to a side and add the bay leaves, green and black cardamon pods, cloves (if using), fennel and mint. Stir for 10 seconds. Add the onion and ginger-garlic pastes. Stir for another 10 seconds. Add the broth and bring to a simmer. Turn heat to low and stir in the yogurt.

Simmer, uncovered, for about one hour or until the meatballs are cooked through.